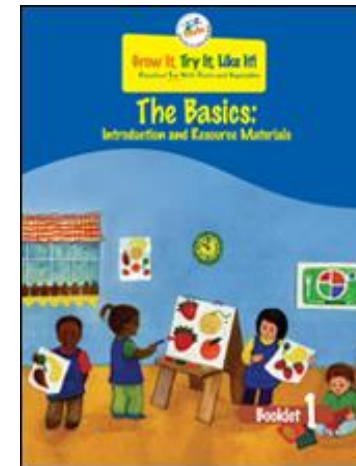


# *CDPHE-CACFP Team Nutrition Grant*



# *CHOP activities*

- Culinary training
- *Grow it, Try it, Like it!* curriculum
- Plant a garden!

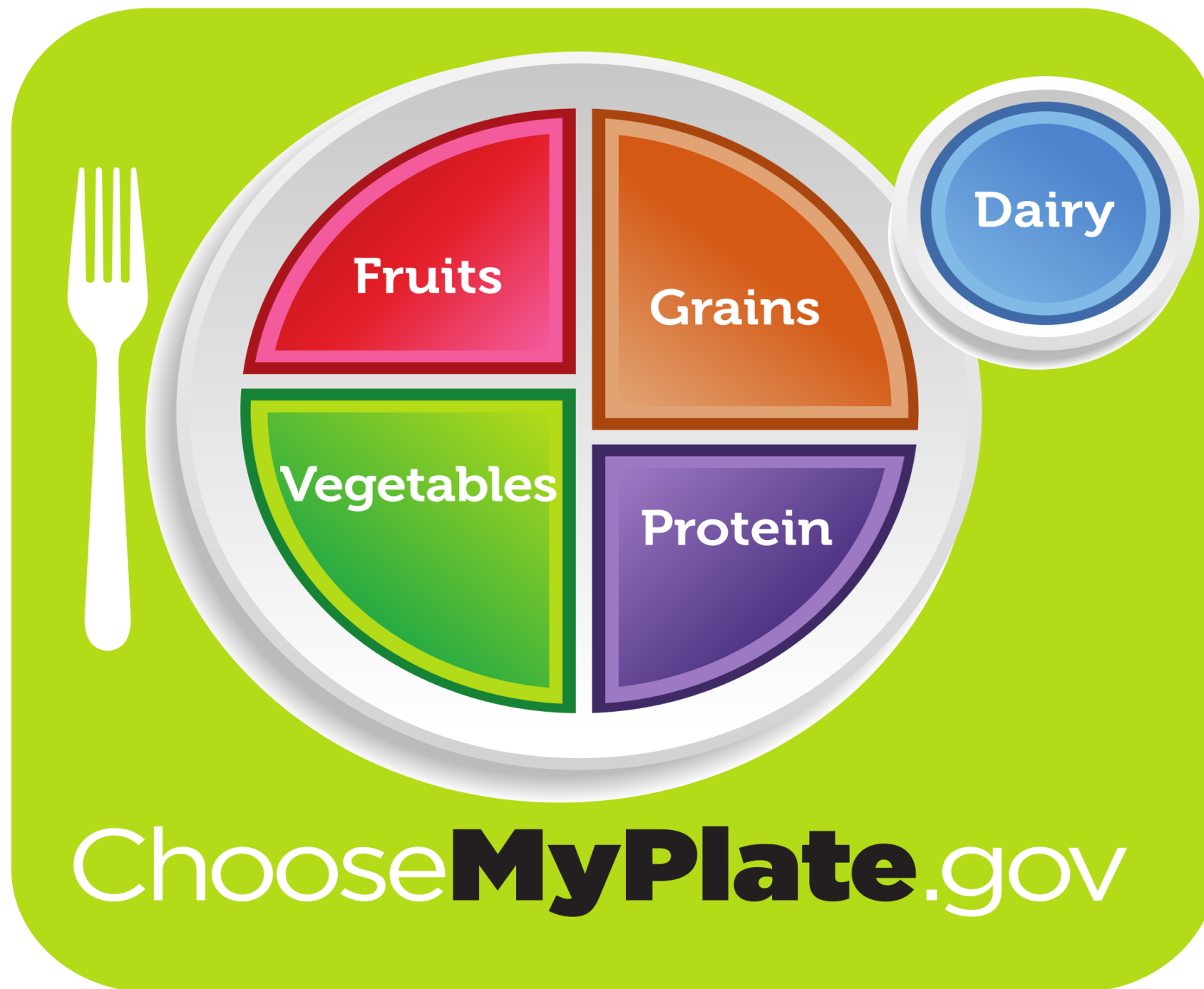




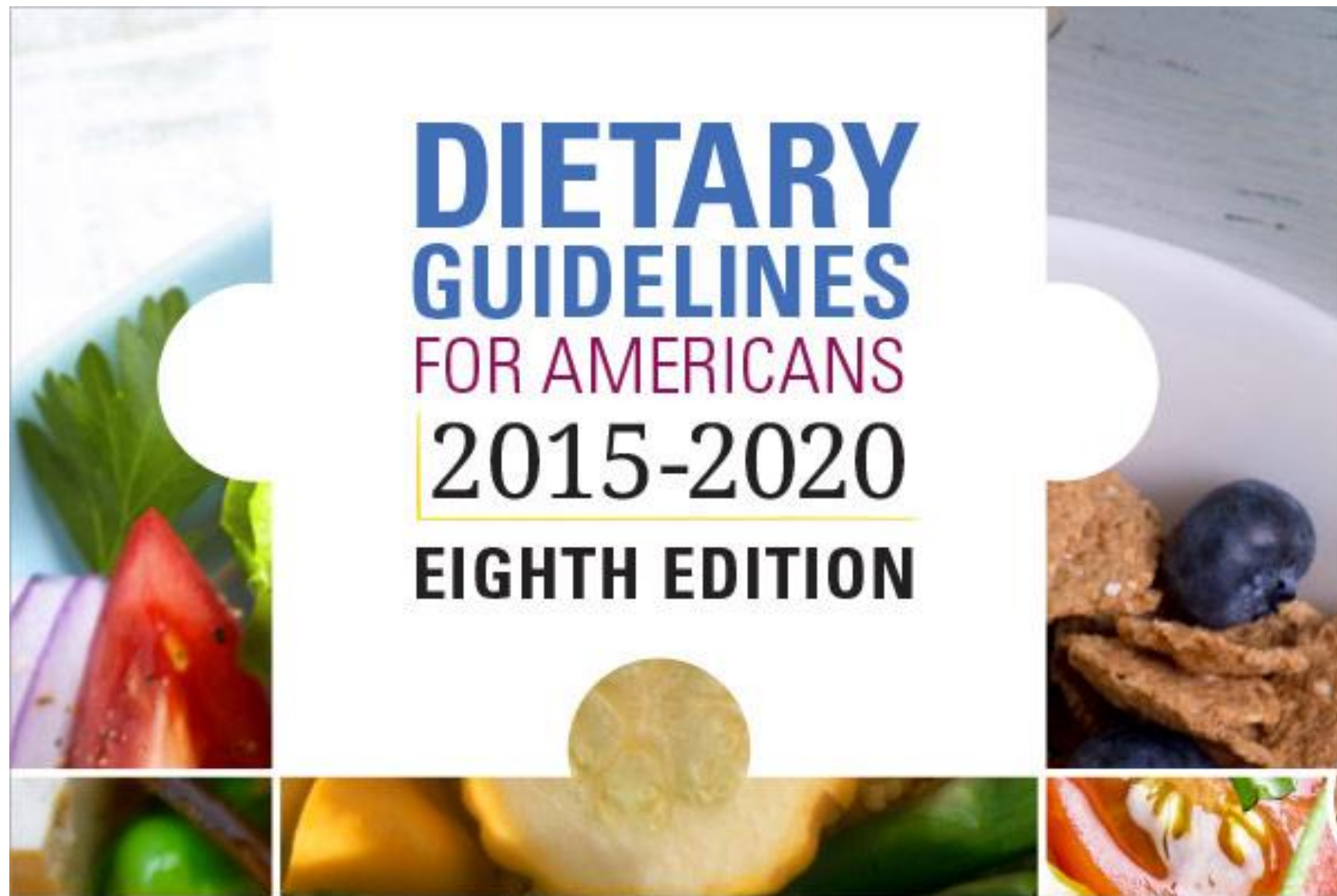
# *The 2015-2020 Dietary Guidelines and CACFP New Meal Patterns*



# *MyPlate*



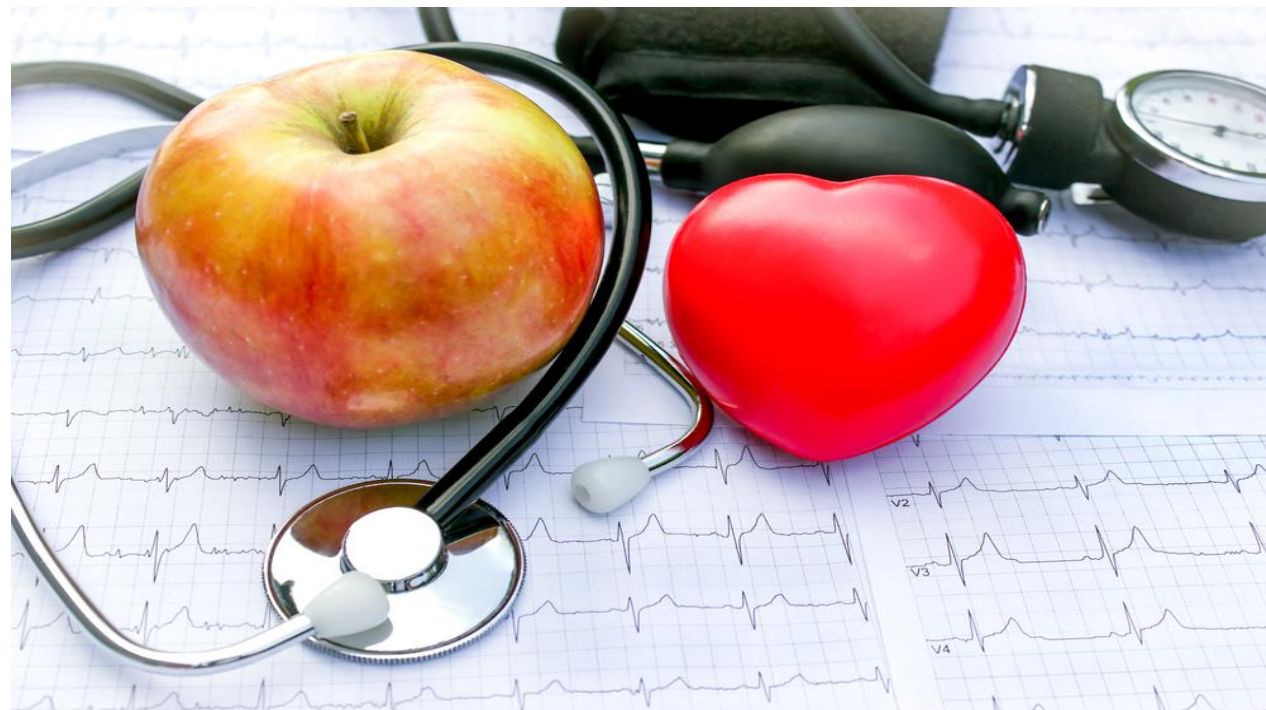
# *2015-2020 Dietary Guidelines*





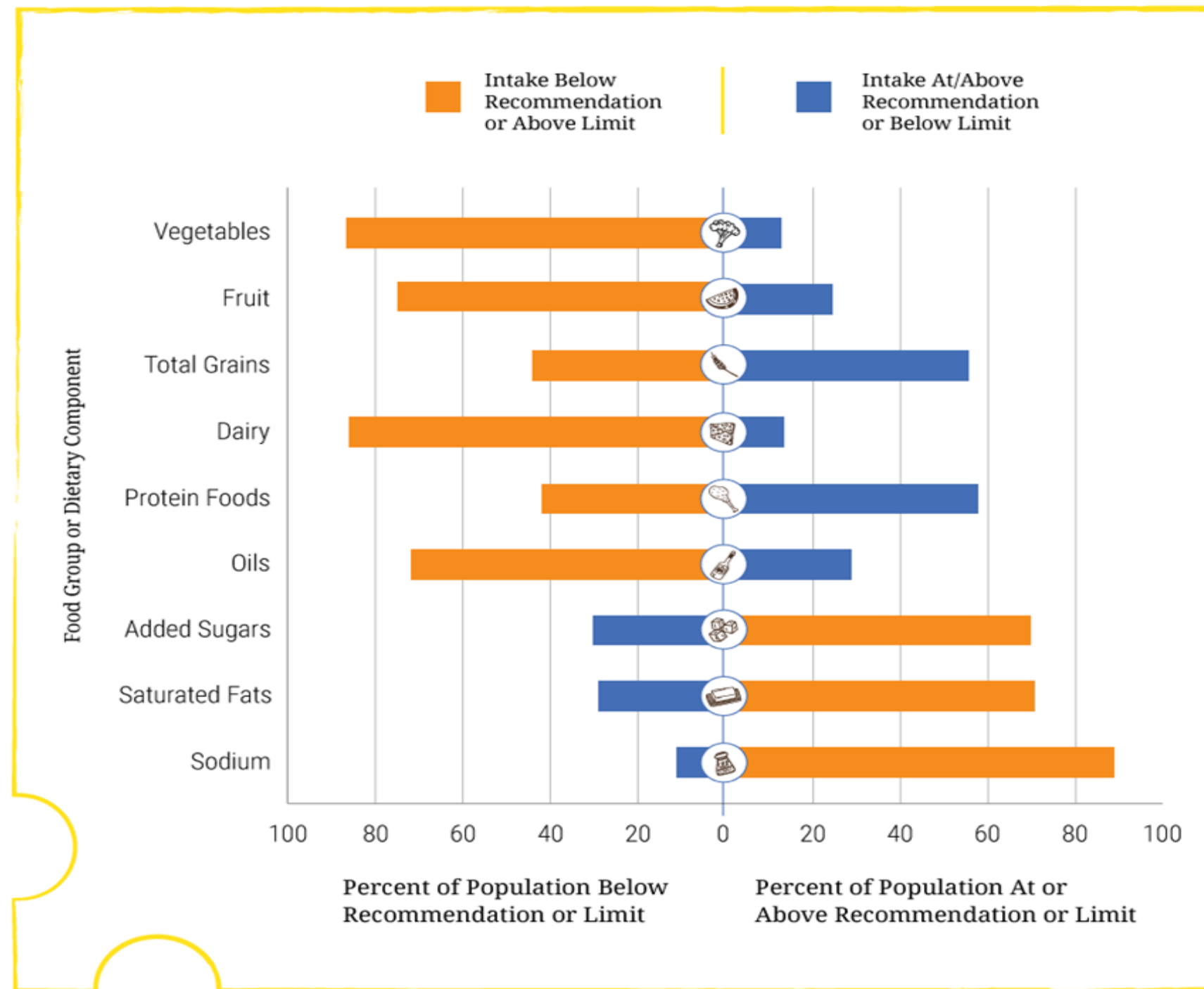
# *Nutrition and Health Are Closely Related*

“About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.”



# Current Eating Patterns in the United States

## Percent of the U.S. Population Ages 1 Year and Older Who Are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)



**Note:** The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

**Data Source:** What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

# *2015-2020 Dietary Guidelines for Americans:* *The Guidelines*

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.





# *2015-2020 Dietary Guidelines for Americans:* *The Guidelines*

- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.



# *2015-2020 Dietary Guidelines for Americans:* *The Guidelines*

- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.



# *2015-2020 Dietary Guidelines for Americans:* *The Guidelines*

- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.





# *2015-2020 Dietary Guidelines for Americans:* *The Guidelines*

- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.



# ***Key Elements of Healthy Eating Patterns:***

## ***Key Recommendations***

 **Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.**

 **A healthy eating pattern includes:**

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

 **A healthy eating pattern limits:**

Saturated fats and *trans* fats, added sugars, and sodium

# ***Key Elements of Healthy Eating Patterns:***

## ***Key Recommendations (cont.)***

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- 🧩 Consume less than 10 percent of calories per day from added sugars
- 🧩 Consume less than 10 percent of calories per day from saturated fats
- 🧩 Consume less than 2,300 milligrams (mg) per day of sodium
- 🧩 If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age
- 🧩 Meet the *Physical Activity Guidelines for Americans*

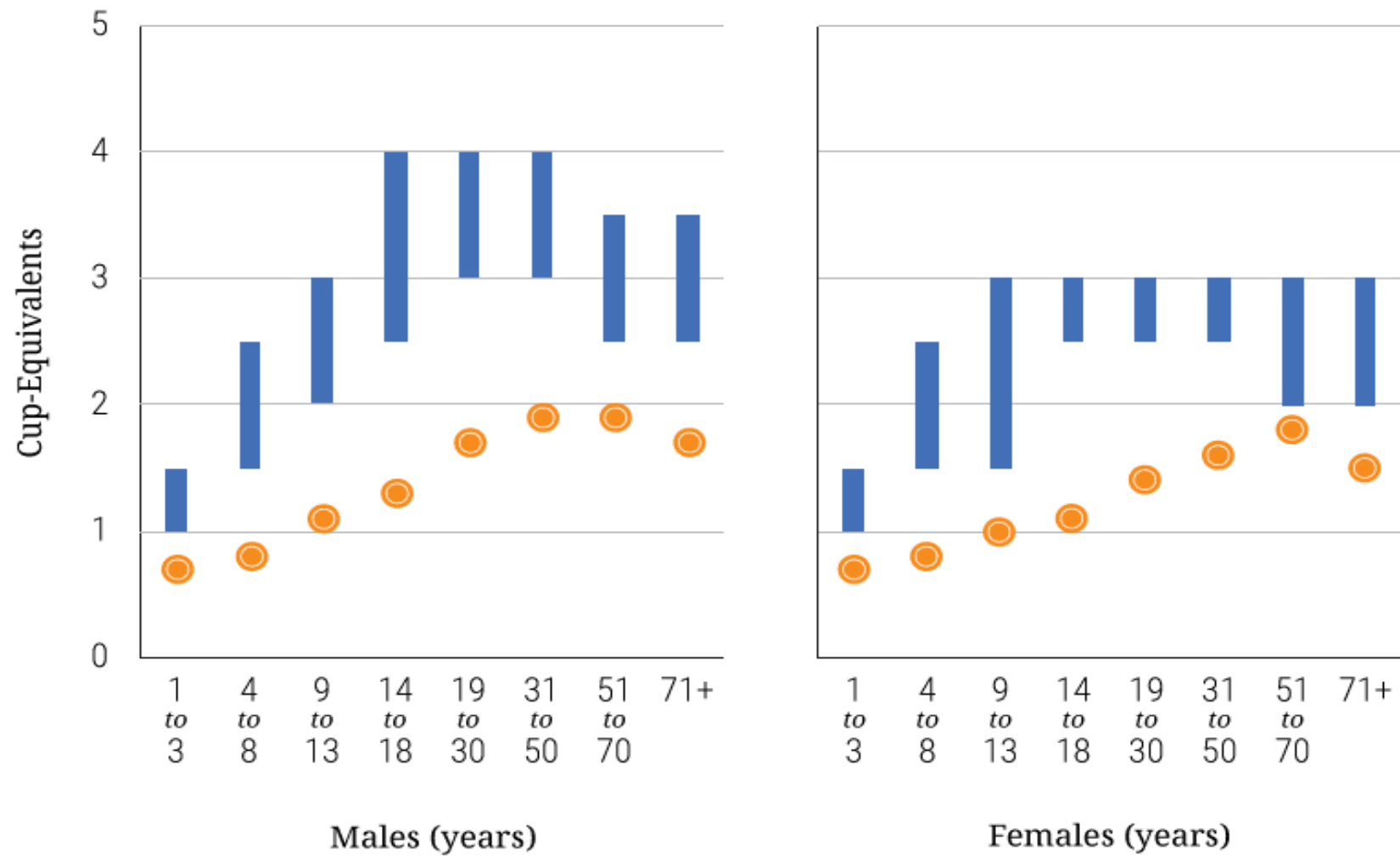


Recommended Intake Ranges

Average Intake



## Vegetables



COLORADO

# Vegetables



**Eat a variety of vegetables from  
all of the subgroups**

Dark green

Red and orange

Legumes (beans and peas)

Starchy

Other



For a 2,000 calorie diet, 2.5 cup  
equivalents of vegetables are  
recommended per day

## Nutrient Contributions

Fiber

Potassium

Vitamin A

Vitamin C

Vitamin K

Copper

Magnesium

Vitamin E

Vitamin B6

Folate

Iron

Manganese

Thiamin

Niacin

Choline

# *Poll Question*

What are the benefits to serving vegetables from all of the vegetable subgroups?



*Type your answer in the chat box*

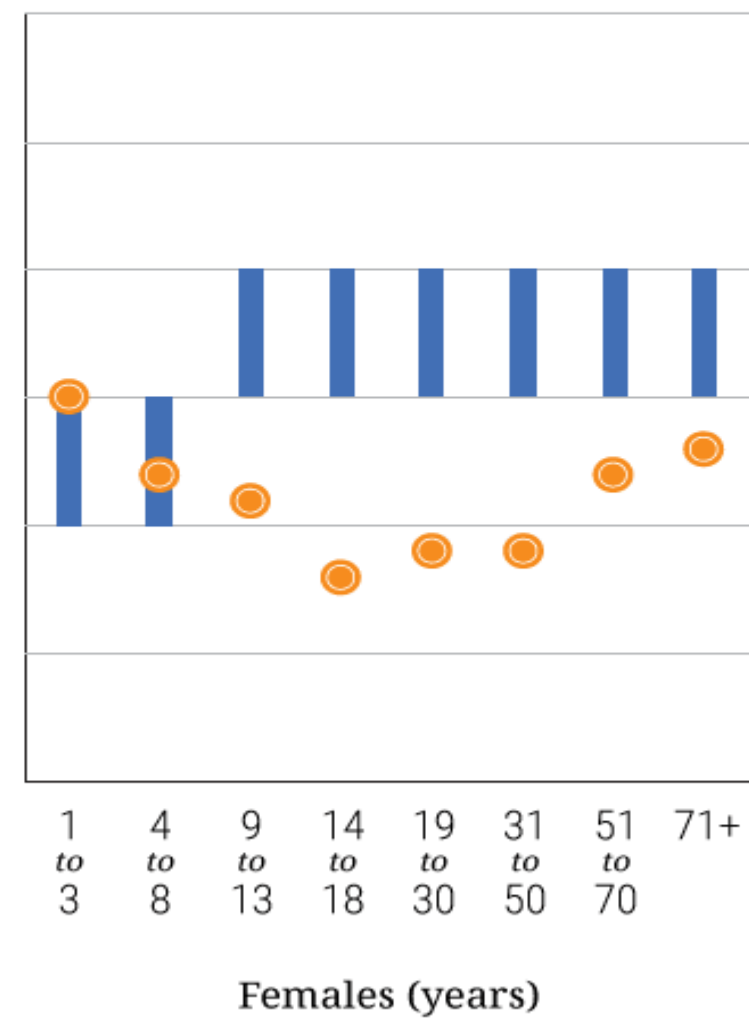
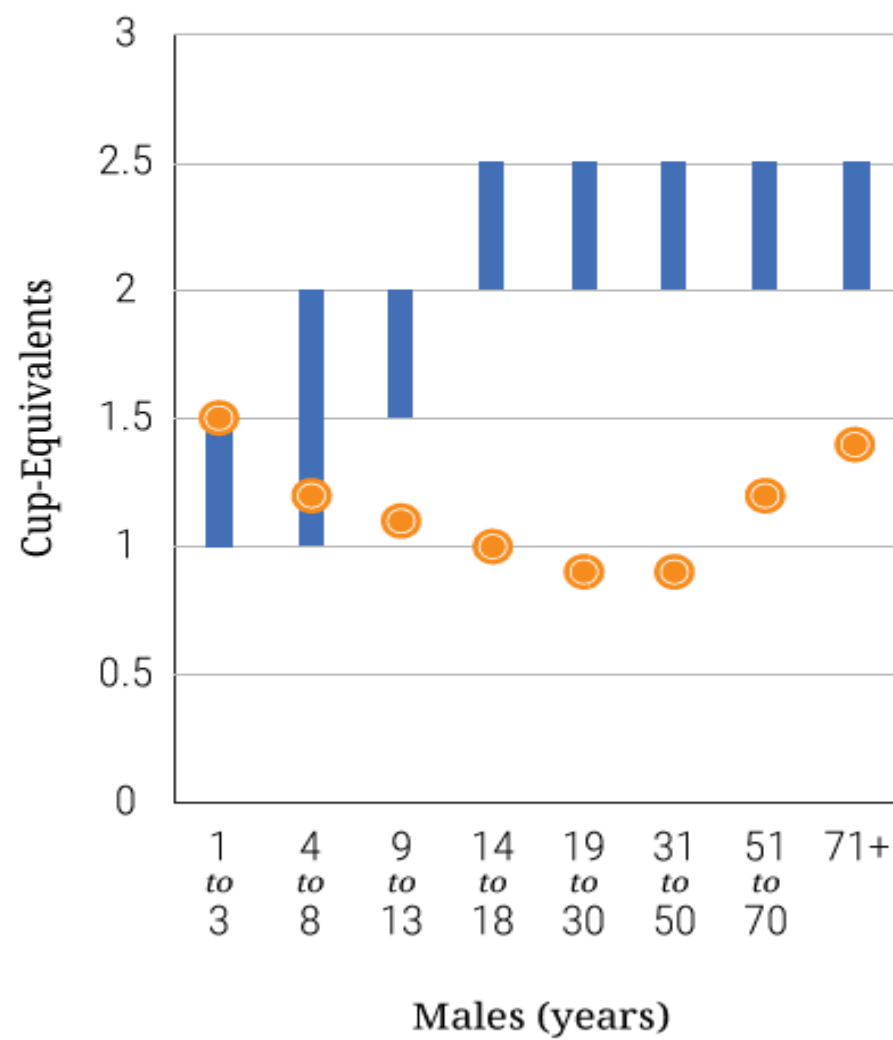


Recommended Intake Ranges

Average Intake



## Fruits



# Fruits

For a 2,000 calorie diet, 2 cup equivalents of fruit are recommended per day, mostly in the form of whole fruit.

1 cup juice = 1 cup fruit

$\frac{1}{2}$  cup dried fruit = 1 cup fruit



## Nutrient Contributions:

Fiber  
Potassium  
Vitamin C



“Young children should consume no more than 4 - 6 fluid ounces of 100% fruit juice per day.”

# *Poll Question*

Why do the Dietary Guidelines recommend limiting juice ?



*Type your answer in the chat box*

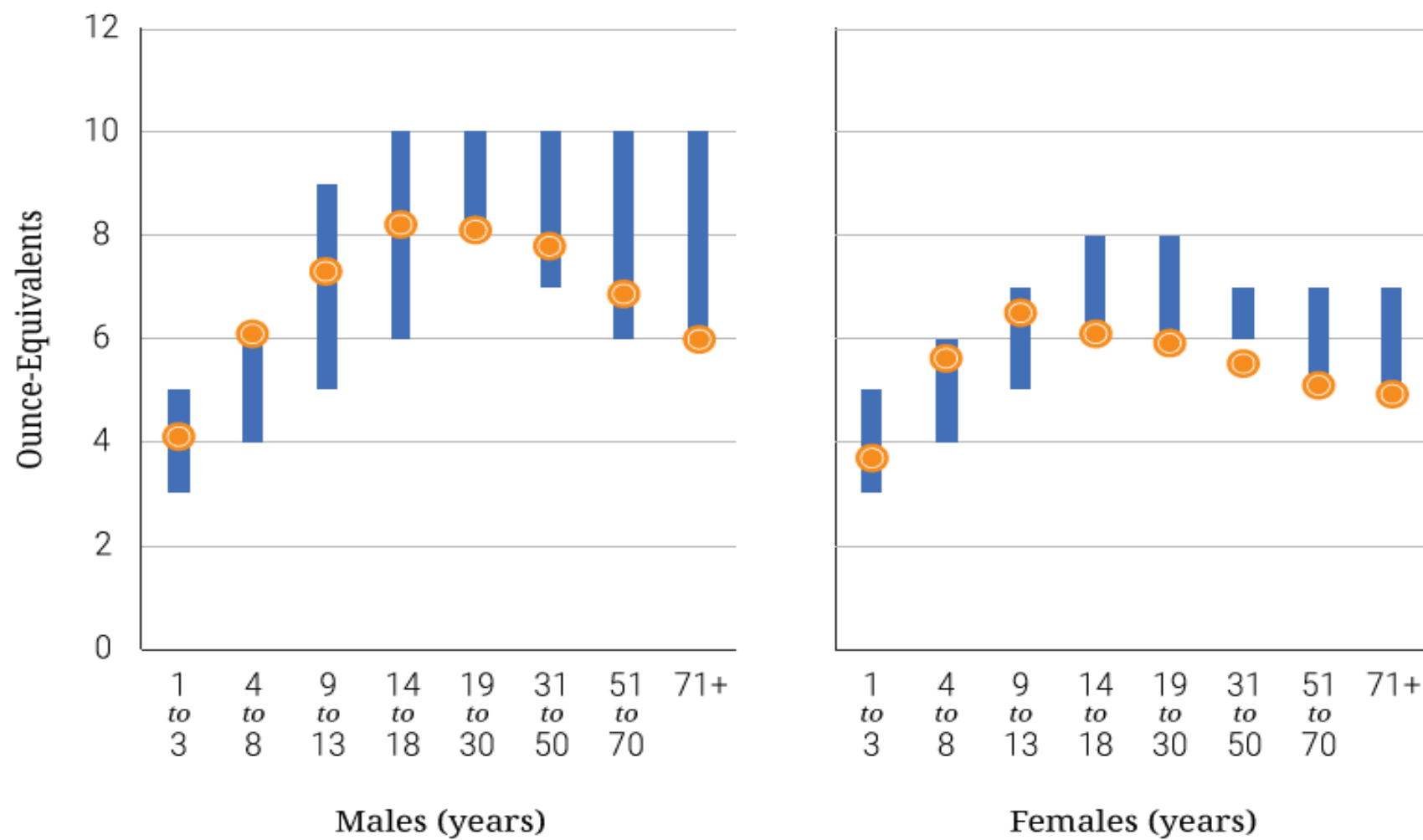


■ Recommended Intake Ranges

○ Average Intake

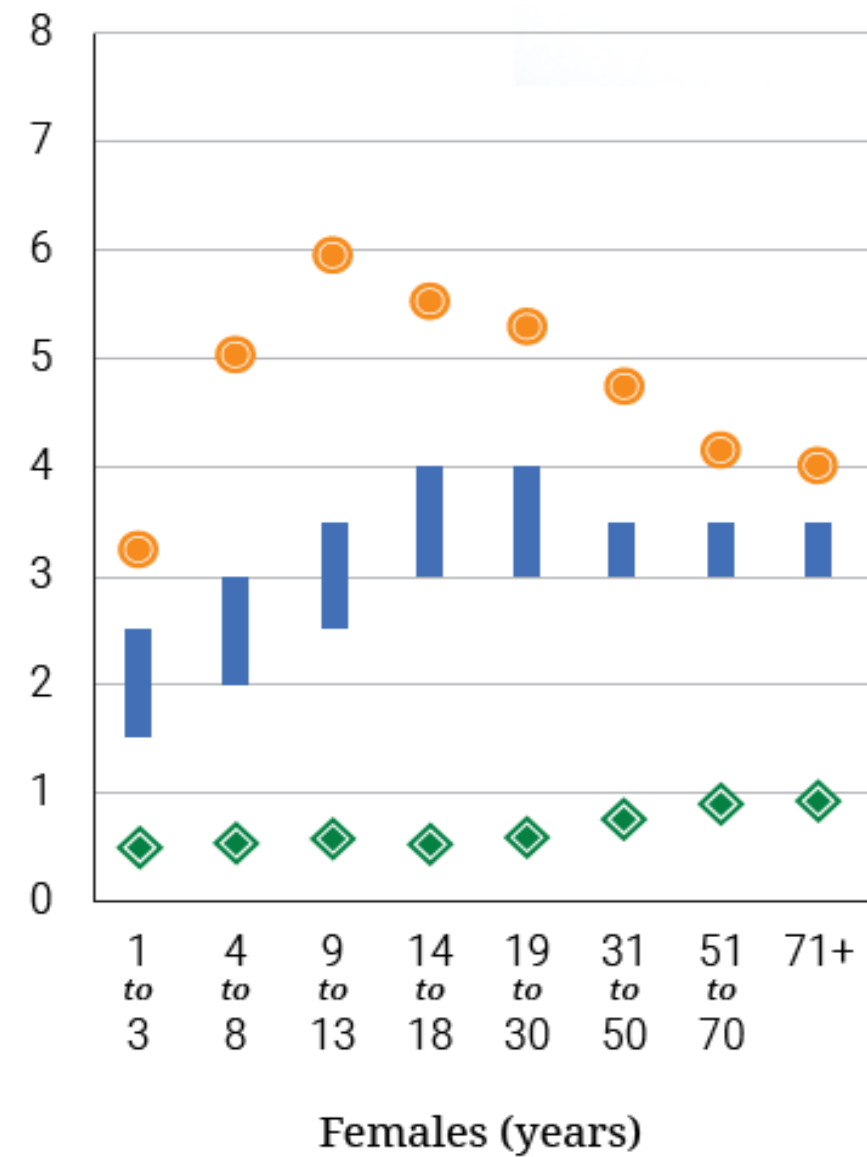
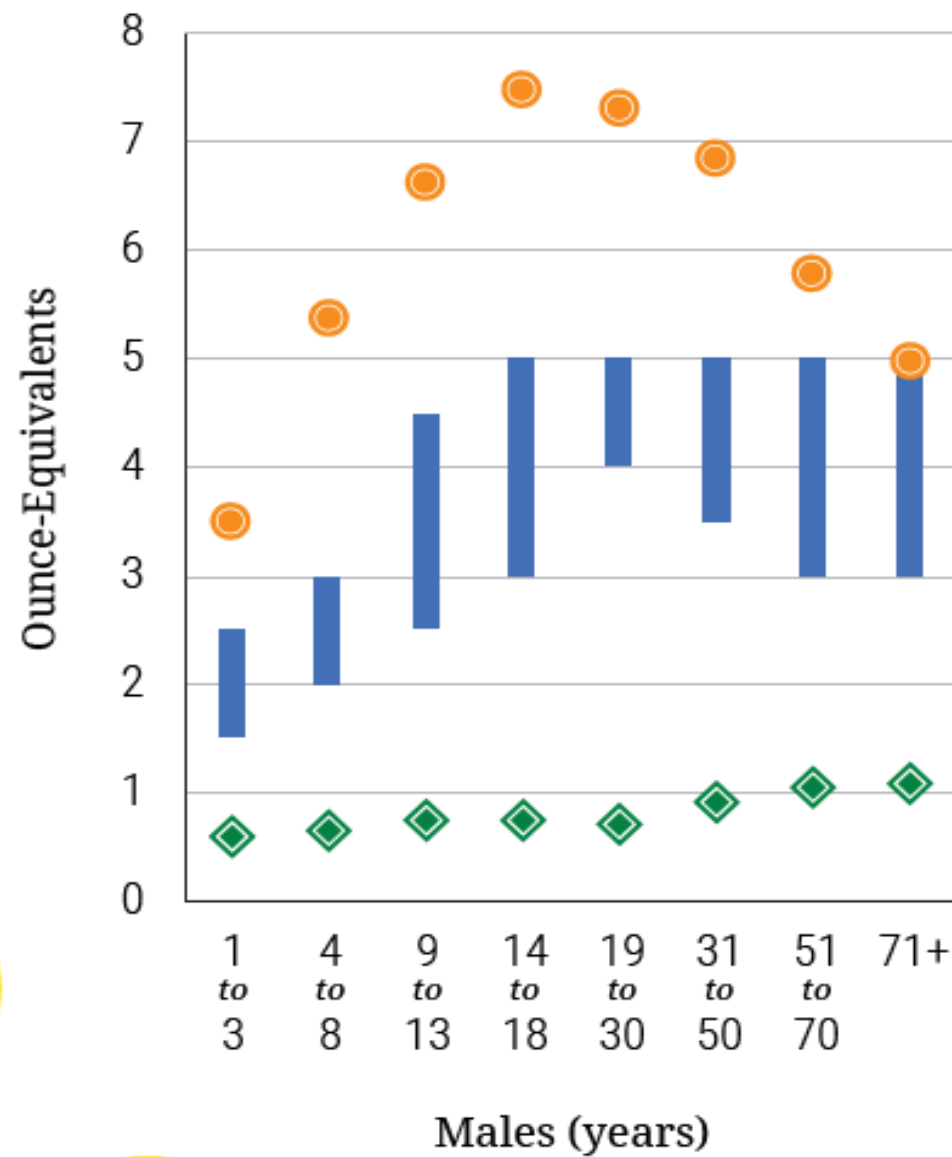


## Total Grains



Range of Recommended Intake for Whole Grains/Limits for Refined Grains Intake

○ Average Refined Grains Intake  
◇ Average Whole Grains Intake



# Grains

For a 2,000 calorie diet, 6 ounce equivalents of grains are recommended per day

**At least half of grains should be whole grains** When refined grains are eaten, enriched grains should be chosen as some nutrients of the whole grain that were lost in processing have been added back in.

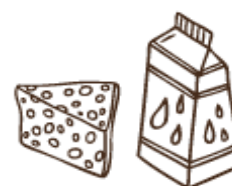
## Nutrient Contributions

Fiber  
Iron  
Zinc  
Manganese  
Folate  
Magnesium  
Copper  
Thiamin  
Niacin  
Vitamin B6  
Phosphorus  
Selenium  
Riboflavin  
Vitamin A

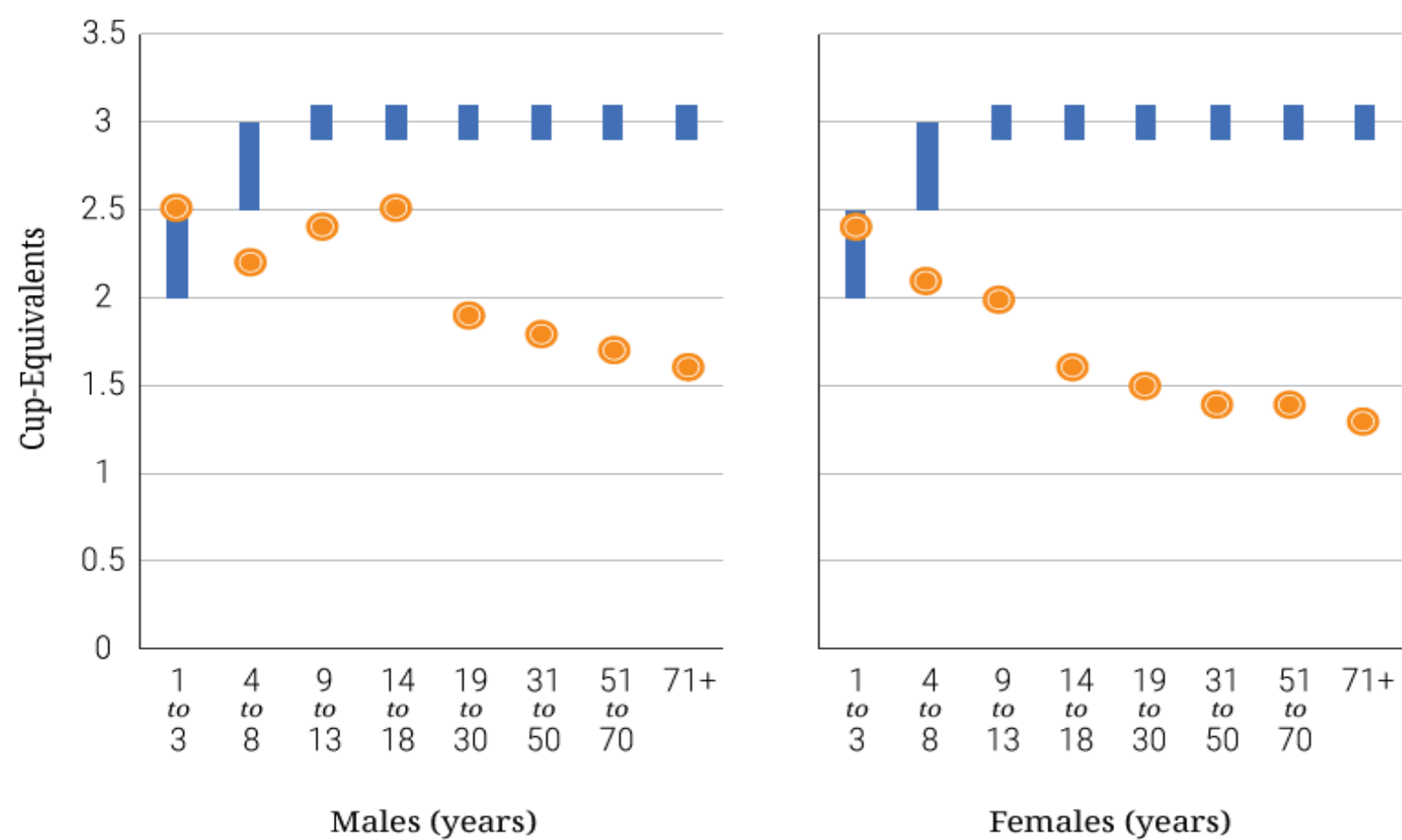


■ Recommended Intake Ranges

○ Average Intake



## Dairy

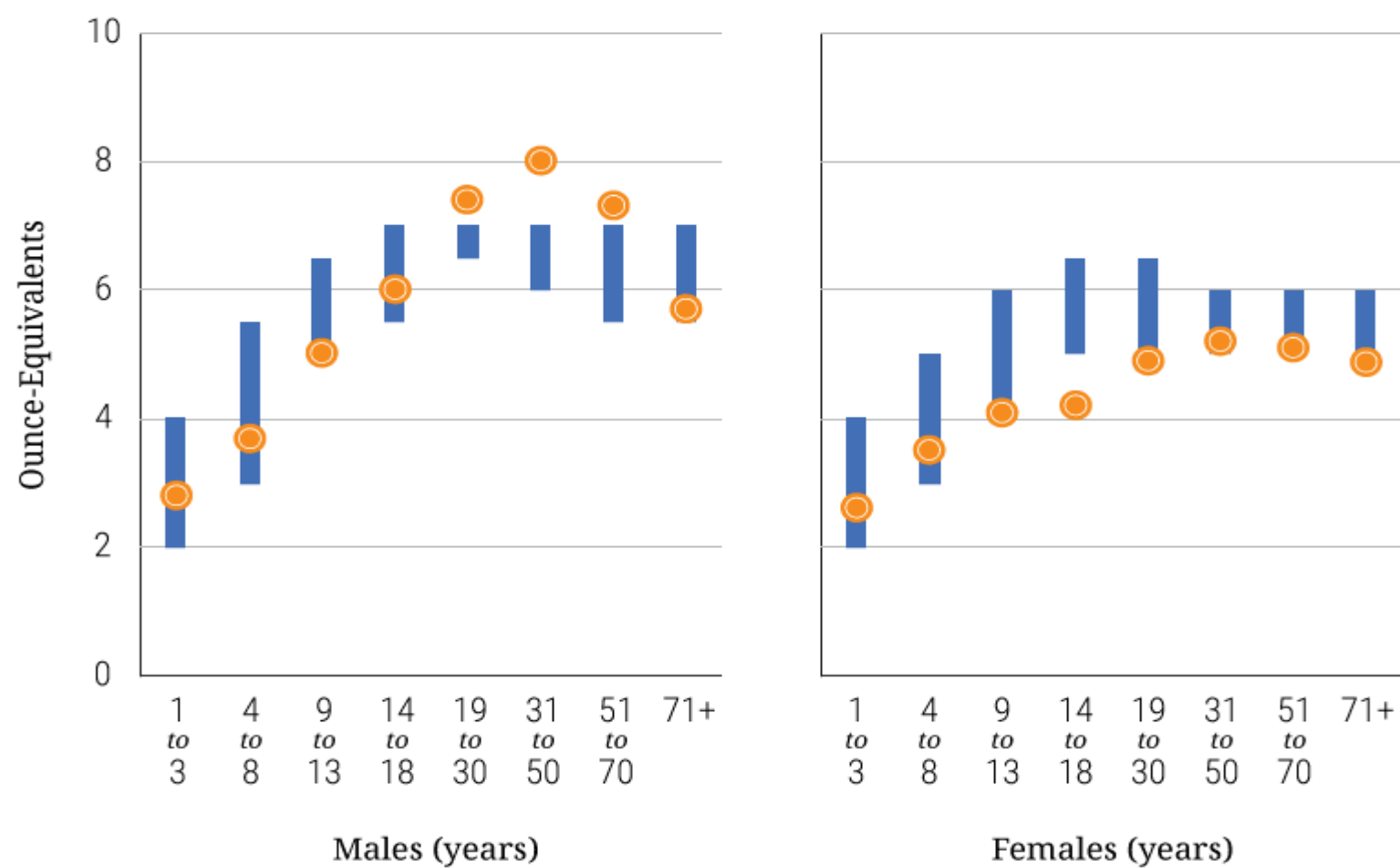


■ Recommended Intake Ranges

● Average Intake



## Protein Foods



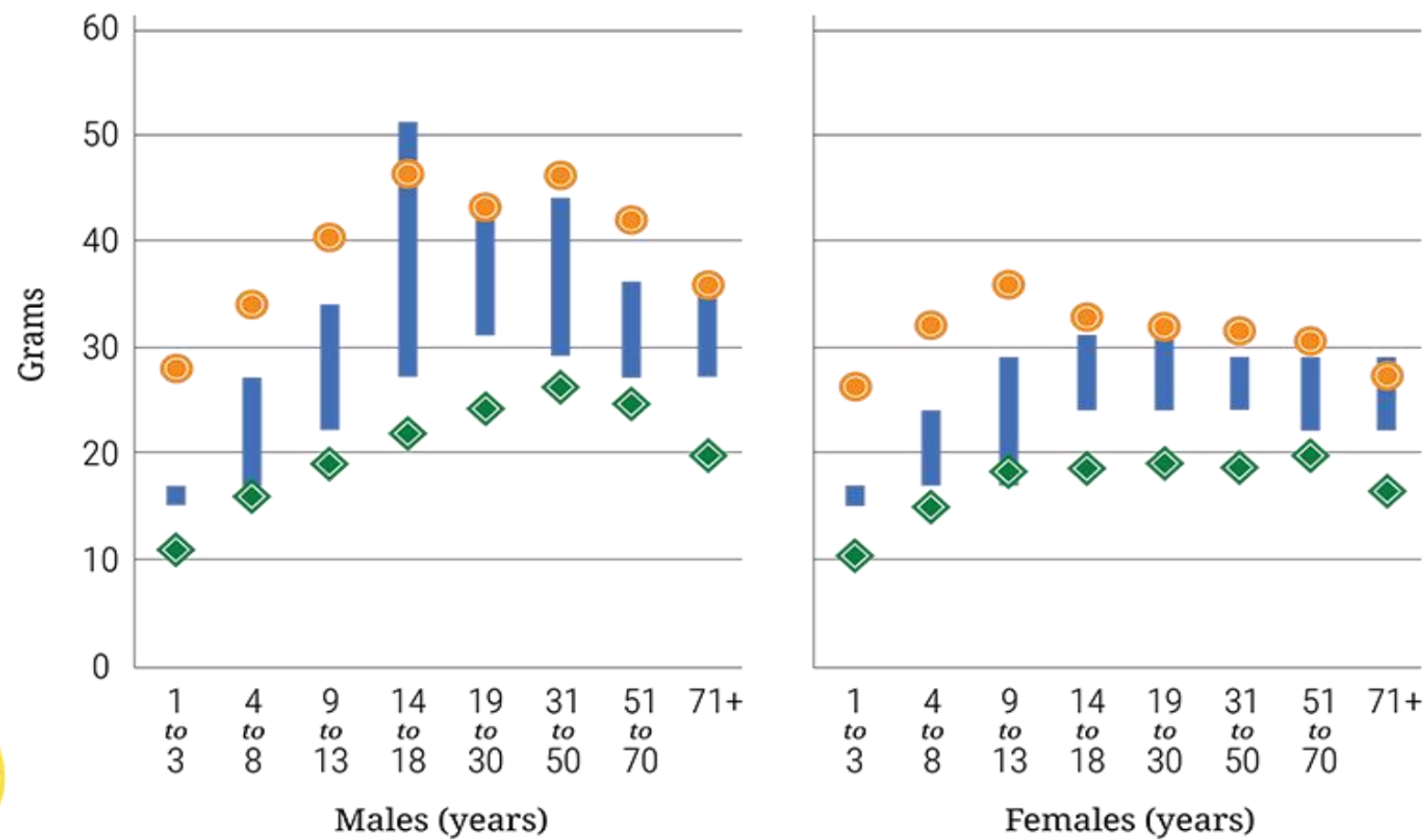
Recommended Oils Intake Range

Average Oils Intake

Average Solid Fats Intake



## Oils and Solid Fats





# Oils



For a 2,000 calorie diet, 5 teaspoons of oils are recommended per day

Liquid at room temperature

Monounsaturated and polyunsaturated fats

Oils should replace solid fats rather than being added to the diet

## Nutrient Contributions

Essential fatty acids

Vitamin E

## Found as:

Canola oil

Corn oil

Olive oil

Peanut oil

Safflower oil

Soybean oil

Sunflower oil

Seeds

Seafood

Olives

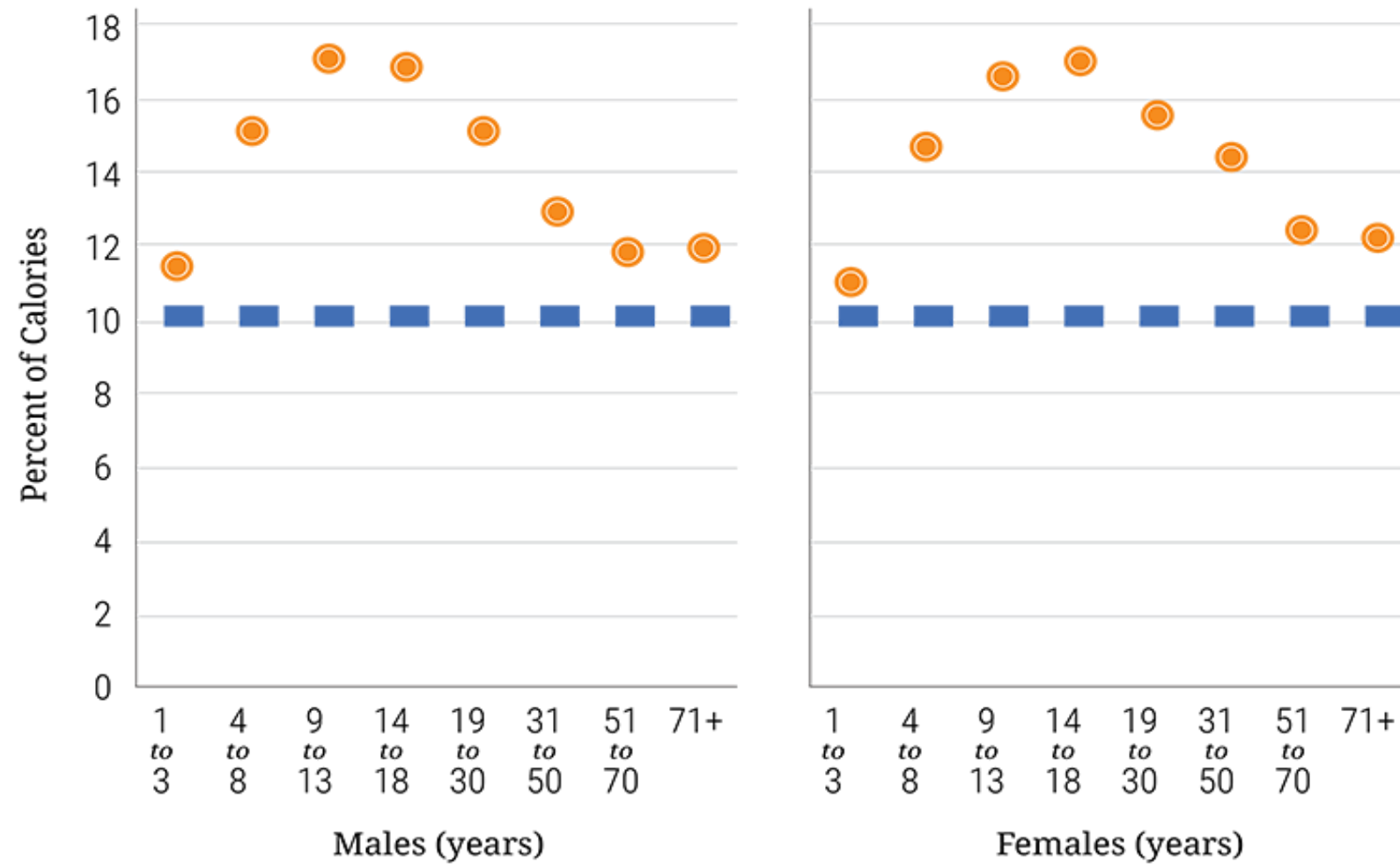
Avocados

■ Recommended Maximum Limit

○ Average Intake



## Added Sugars



# Sugars



**Healthy eating patterns limit added sugars to less than 10 percent of calories per day.**

For a 2000 calorie diet, this equates to 200 calories (50 g) in **added** sugar.

The major sources of added sugar for Americans are: soft drinks, energy drinks, sports drinks, candy cakes, cookies, pies, donuts, fruit drinks and ice cream.

Beverages account for almost half of all added sugars consumed by the U.S. population

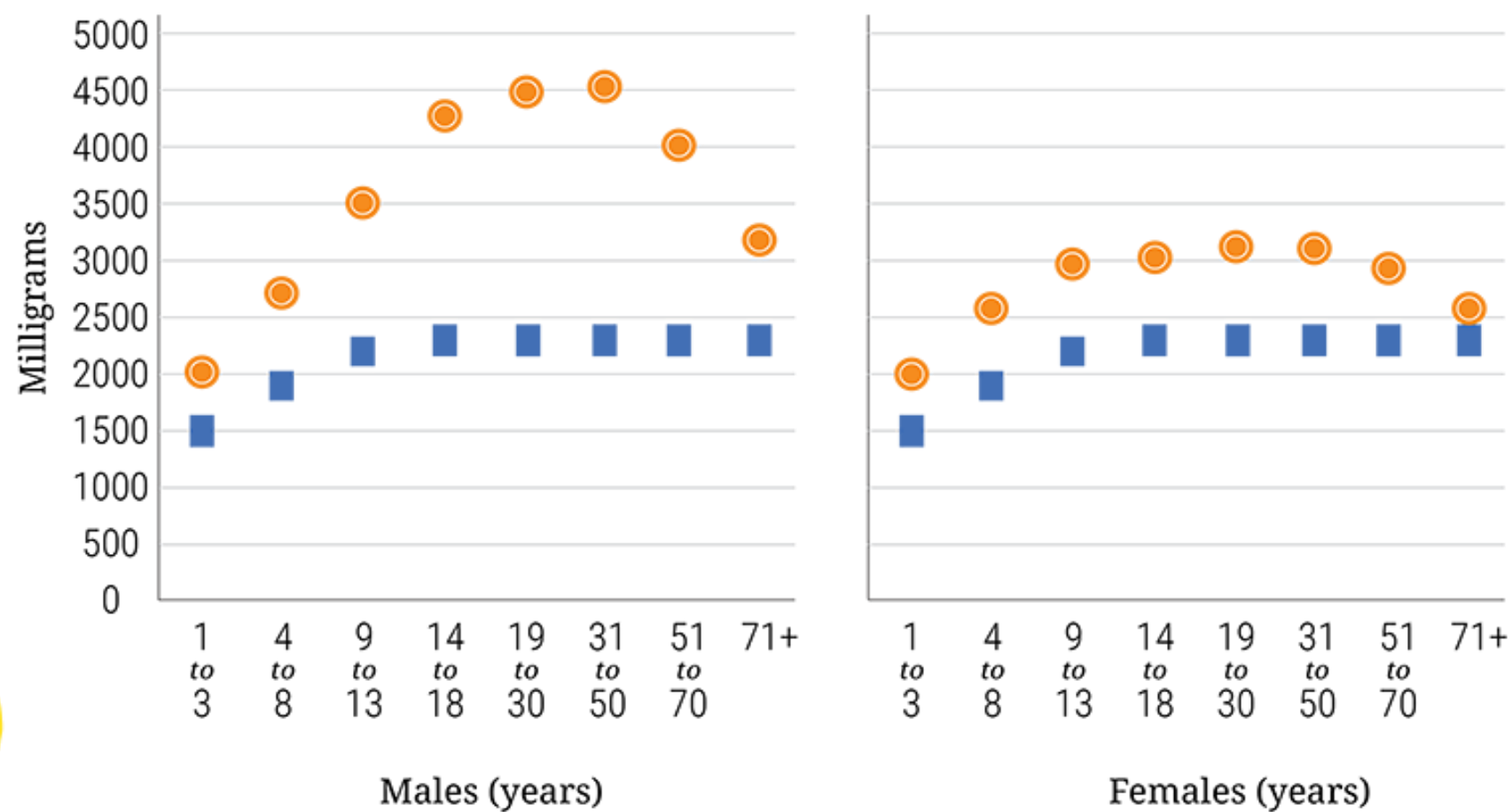


■ Recommended Maximum Limit (UL)

○ Average Intake



## Sodium



# *Sodium*

The recommendation for adults and children ages 14 years and older is to limit sodium intake to less than 2,300 mg per day

The recommendation for children under 14 depends on caloric intake and sex

## *Trans Fats*

Limit foods that contain synthetic sources of trans fats (partially hydrogenated oils)

## *Dietary Cholesterol*

- In general, foods that are higher in cholesterol are also higher in saturated fats
- Healthy eating patterns typically contain 100-300 mg of cholesterol per day
- Eating patterns with less cholesterol typically result in reduced risk of CVD



# *CACFP New Meal Pattern*

*Implement October 2017*

# *New Rule-Fruit and Vegetable component*

The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.

## **For Breakfast Only**

Centers and day care homes can continue to serve vegetables, fruit or a combination of both at breakfast.

## **For Lunch and Supper Only**

To create more flexibility, you may serve two *different* vegetables rather than a fruit and a vegetable. Although the vegetables *have to be different*, they do not need to be from different subgroups (dark green vegetables, red and orange vegetables, etc.) A fruit/fruit combination is not allowed.

# *Fruits and vegetables at snack*

Can now serve a fruit and vegetable for snack to count as the entire snack

Only reimbursable snack is fruit/vegetable, (not fruit/fruit or vegetable/vegetable)



# *New rules-Juice*

Start working to eliminate fruit juice from the infant menu. **No juice for infants under 12 months of age is allowed with the new meal patterns.**

**Children over the age of 1 year:** Keep in mind, Colorado adopted the Healthier Meals Initiative (HMI) policy which allows 100% fruit juice to be served no more than twice per week. The HMI policy is still in effect for Colorado CACFP participants.



# Best Practices

*A best practice can be described as a technique, approach or practice that is superior to the standard.*

Why fruit and vegetable best practices? DG recommend increased consumption of a wide variety of whole vegetables and fruit as each type provides a different array of nutrients. Day care homes and centers can help bring children's vegetable and fruit intake closer to the recommended amounts and increase variety if follow best practices.

*Best Practice: 1) Make at least 1 of the 2 required components of a snack a vegetable or a fruit*

# *Best practice-vary your vegetables*



Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables to once per week

# *Best Practice -Choose whole fruits*

Serve a variety of fruits and choose whole fruits (fresh, canned, frozen or dried) more often than juice.





*Best Practice: Incorporate seasonal and locally produced foods into meals*





***Thank you!***

